Heartburn-Friendly BBQ Cookbook

Meats, sides, and salads are all you need for a successful barbeque. These recipes are not only delicious, but are friendly to your stomach and kind to your waistline.

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Meats

These mouthwatering meats are lean and healthy.

Preparation time: 10 min Cooking time: 5 min Servings: 8

Thai Chicken Satay

INGREDIENTS

Salt and pepper, to taste
1 juice of lemon
2 boneless, skinless chicken breasts, halved and pounded to ¼ in thick and cut into 1x4 in strips
16 wooden skewers, 6 in, soaked in water for 1 hour

COOKING DIRECTIONS

Thread chicken breast pieces onto the skewers. Season with salt and pepper and splash with lemon juice. Lightly coat grilling rack with cooking spray and place about 4 inches from the hot coals.

Grill the chicken skewers for 2 minutes per side or until cooked thoroughly. Do not overcook. Arrange on a tray and serve with your choice of dipping sauce.

NUTRITION FACTS PER SERVING

Calories 74
% Calories from Fat 19.5%

Total Fat 1.6g
Saturated Fats 0.4g
Monounsaturated Fats 0.5g
Polyunsaturated Fats 0.3g

Cholesterol 37mg

Sodium 32mg

Total Carbohydrates 1.4g
Dietary Fiber 0.6g
Sugar 0g

Protein 14g

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Preparation time: 10 min Cooking time: 20 min Servings: 2

Glazed Grilled Pork Tenderloin

INGREDIENTS

¼ tsp black pepper, coarsely ground
2 tbsp low sodium soy sauce
2 pork tenderloin chops
2 tbsp fresh mint, chopped
2 cloves garlic, crushed
⅓ cup orange marmalade

COOKING DIRECTIONS

Prepare grill. Butterfly tenderloin by cutting a lengthwise slit ⅔ of the way into each tenderloin, without cutting all the way through. Place tenderloin between 2 sheets of plastic wrap. Flatten slightly with a mallet or other heavy flat object. Sprinkle with pepper.

Combine soy sauce, fresh mint, garlic and orange marmalade in a small nonreactive saucepan. Brush mixture over tenderloin. Set aside remaining marmalade mixture.

Grill tenderloin about 8 minutes per side, basting frequently with marmalade mixture. Heat remaining marmalade mixture over medium heat about 1 minute, stirring until warm. Serve tenderloin with marmalade mixture.

NUTRITION FACTS PER SERVING

Calories 290 % Calories from Fat 21.1%	**Cholesterol** 57mg
	Sodium 610mg
Total Fat 6.8g Saturated Fats 2.4g Monounsaturated Fats 3g Polyunsaturated Fats 0.6g	**Total Carbohydrates** 38g Dietary Fiber 0.8g Sugar 32g
	Protein 20g

Preparation time: 5 min Cooking time: 10 min Servings: 4

Chinese Marinated Pork

INGREDIENTS

¼ cup hoisin sauce
1 orange, juice and zest
1 ginger, 1¼ in pieces, grated
2 cloves garlic, crushed
¼ cup barbecue sauce
1 lb pork tenderloin chop, cut into 1 in cubes

COOKING DIRECTIONS

Combine hoisin sauce, orange juice, ginger, garlic, and barbecue sauce in a bowl and mix well. Stir in pork and marinate for 1 to 2 hours. Remove pork from marinade. Heat a wok or heavy nonstick skillet over medium high heat. Stir-fry pork 7-8 minutes, or until just cooked through.

NUTRITION FACTS PER SERVING

Calories 350
% Calories from Fat 33.4%

Total Fat 13g
Saturated Fats 4.6g
Monounsaturated Fats 5.7g
Polyunsaturated Fats 1.4g

Cholesterol 110mg

Sodium 550mg

Total Carbohydrates 18g
Dietary Fiber 1.4g
Sugar 12g

Protein 37g

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Preparation time: 5 min Cooking time: 10 min Servings: 4

Basic Grilled Chicken Breasts

INGREDIENTS

4 boneless, skinless chicken breast halves
Salt and pepper, to taste
1 tbsp olive oil

COOKING DIRECTIONS

Rinse chicken breasts and pat dry.

Brush with olive oil and season with salt and pepper to taste. Place chicken breasts in center of grill.

Grill 10-12 minutes, or until tender and no longer pink inside, turning once.

NUTRITION FACTS PER SERVING

Calories 170
% Calories from Fat 33.9%

Total Fat 6.4g
Saturated Fats 1.3g
Monounsaturated Fats 3.5g
Polyunsaturated Fats 1g

Cholesterol 73mg

Sodium 64mg

Total Carbohydrates 0g
Dietary Fiber 0g
Sugar 0g

Protein 27g

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Sides

These quick and simple recipes can easily complement your healthy BBQ.

Preparation time: 5 min Cooking time: 5 min Servings: 4

Basic Grilled Asparagus

INGREDIENTS

1 lb fresh asparagus
2 tbsp olive oil

COOKING DIRECTIONS

Brush spears (blanched if jumbo size) with olive oil and place directly on the grill. Cook, turning several times for 3-6 minutes.

NUTRITION FACTS PER SERVING

Calories 85
% Calories from Fat 74.1%

Total Fat 7g
Saturated Fats 1g
Monounsaturated Fats 4.9g
Polyunsaturated Fats 0.8g

Cholesterol 0mg

Sodium 16mg

Total Carbohydrates 4.7g
Dietary Fiber 2.3g
Sugar 1.5g

Protein 2.7g

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Preparation time: 10 min Cooking time: 35 min Servings: 8

Grilled Sweet Corn

INGREDIENTS

8 fresh ears of corn, with husks
2⅔ tbsp olive oil
2⅔ tbsp sprig basil, rosemary, sage and thyme

COOKING DIRECTIONS

Place corn with husks and enough water to cover in a large container or bucket. Let it soak for 15 minutes. Remove corn from water and drain well. Gently pull back husks ¾ way down and remove silk.

Brush each ear of corn with 1 tsp oil. Tuck some herb sprigs next to kernels. Pull husks up over corn, removing one strip of husk from each to tie tops of corn together.

NUTRITION FACTS PER SERVING

Calories 150
% Calories from Fat 34.8%

Total Fat 5.8g
Saturated Fats 0.8g
Monounsaturated Fats 3.7g
Polyunsaturated Fats 1.1g

Cholesterol 0mg

Sodium 0.1mg

Total Carbohydrates 26g
Dietary Fiber 2.9g
Sugar 3.3g

Protein 3.4g

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Preparation time: 5 min Cooking time: 5 min Servings: 4

Cheese Bread

INGREDIENTS

4 thick slices French bread
¼ cup grated Parmesan cheese

COOKING DIRECTIONS

Turn on grill. Sprinkle Parmesan over bread. Place under broiler 1-2 minutes, or until golden.

NUTRITION FACTS PER SERVING

Calories 210
% Calories from Fat 12.9%

Total Fat 3g
Saturated Fats 1.4g
Monounsaturated Fats 0.8g
Polyunsaturated Fats 0.6g

Cholesterol 5.5mg

Sodium 510mg

Total Carbohydrates 36g
Dietary Fiber 1.5g
Sugar 1.7g

Protein 9.9g

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Salads

Fruits and vegetables never tasted so good.

Preparation time: 5 min Cooking time: 0 min Servings: 4

Basic Garden Salad with Ranch Dressing

INGREDIENTS

¼ cup Ranch dressing
1 lb lettuce
1 cup croutons

COOKING DIRECTIONS

Place lettuce in a bowl and toss with dressing and croutons.

NUTRITION FACTS PER SERVING

Calories 120 % Calories from Fat 63%
Total Fat 8.4g Saturated Fats 1.3g Monounsaturated Fats 1.9g Polyunsaturated Fats 4.4g
Cholesterol 4.9mg
Sodium 190mg
Total Carbohydrates 9.9g Dietary Fiber 1.8g Sugar 2.6g
Protein 2.1g

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Preparation time: 10 min Cooking time: 20 min Servings: 4

Simple Fruit Salad

INGREDIENTS

1 tbsp sugar
½ lb seedless grapes
2 cups cantaloupe, cut into 1 in pieces
2 firm bananas, cut into 1 in slices

COOKING DIRECTIONS

Combine all ingredients in a bowl and toss. Serve fruit in individual dessert cups.

NUTRITION FACTS PER SERVING

Calories 130
% Calories from Fat 3%

Total Fat 0.4g
Saturated Fats 0.1g
Monounsaturated Fats 0g
Polyunsaturated Fats 0.1g

Cholesterol 0mg

Sodium 15mg

Total Carbohydrates 33g
Dietary Fiber 2.8g
Sugar 25g

Protein 1.7g

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Preparation time: 10 min Cooking time: 20 min Servings: 4

Grilled Eggplant Salad

INGREDIENTS

2 eggplants
¼ cup lowfat plain yogurt
¼ cup salt and pepper
2 cloves garlic, crushed
1 tbsp parsley, chopped
1 onion, sliced

COOKING DIRECTIONS

Pierce eggplants with a fork and grill in a 350°F grill for 20 minutes, turn frequently.

NUTRITION FACTS PER SERVING

Calories 89
% Calories from Fat 8.1%

Total Fat 0.8g
Saturated Fats 0.3g
Monounsaturated Fats 0.1g
Polyunsaturated Fats 0.2g

Cholesterol 0.9mg

Sodium 18mg

Total Carbohydrates 20g
Dietary Fiber 9.8g
Sugar 8.7g

Protein 4g

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